



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19089, Ice creams, vanilla, rich

Report Date: June 26, 2017 17:14 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 107g
Proximates					
Water	g	57.20	7	0.555	61.20
Energy	kcal	249	--	--	266
Energy	kJ	1042	--	--	1115
Protein	g	3.50	4	0.416	3.75
Total lipid (fat)	g	16.20	11	0.212	17.33
Ash	g	0.81	--	--	0.87
Carbohydrate, by difference	g	22.29	--	--	23.85
Fiber, total dietary	g	0.0	1	--	0.0
Sugars, total	g	20.65	2	--	22.10
Minerals					
Calcium, Ca	mg	117	2	--	125
Iron, Fe	mg	0.34	1	--	0.36
Magnesium, Mg	mg	11	--	--	12
Phosphorus, P	mg	105	--	--	112
Potassium, K	mg	157	--	--	168
Sodium, Na	mg	61	2	--	65
Zinc, Zn	mg	0.47	--	--	0.50
Copper, Cu	mg	0.008	--	--	0.009
Manganese, Mn	mg	0.004	--	--	0.004
Selenium, Se	µg	3.5	--	--	3.7
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 107g
Thiamin	mg	0.041	--	--	0.044
Riboflavin	mg	0.167	--	--	0.179
Niacin	mg	0.082	--	--	0.088
Pantothenic acid	mg	0.460	--	--	0.492
Vitamin B-6	mg	0.045	--	--	0.048
Folate, total	µg	8	--	--	9
Folic acid	µg	0	--	--	0
Folate, food	µg	8	--	--	9
Folate, DFE	µg	9	--	--	10
Choline, total	mg	26.0	--	--	27.8
Vitamin B-12	µg	0.39	--	--	0.42
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	182	--	--	195
Retinol	µg	179	--	--	192
Carotene, beta	µg	32	--	--	34
Carotene, alpha	µg	1	--	--	1
Cryptoxanthin, beta	µg	1	--	--	1
Vitamin A, IU	IU	653	--	--	699
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	34	--	--	36
Vitamin E (alpha-tocopherol)	mg	0.51	--	--	0.55
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.3	--	--	0.3
Vitamin D3 (cholecalciferol)	µg	0.3	--	--	0.3
Vitamin D	IU	12	--	--	13
Vitamin K (phylloquinone)	µg	1.3	--	--	1.4
Lipids					
Fatty acids, total saturated	g	10.329	2	--	11.052
4:0	g	0.491	--	--	0.525
6:0	g	0.290	--	--	0.310
8:0	g	0.169	--	--	0.181
10:0	g	0.380	--	--	0.407
12:0	g	0.425	--	--	0.455

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 107g
14:0	g	1.526	--	--	1.633
15:0	g	0.000	--	--	0.000
16:0	g	4.168	--	--	4.460
17:0	g	0.000	--	--	0.000
18:0	g	1.899	--	--	2.032
20:0	g	0.000	--	--	0.000
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	4.460	--	--	4.772
14:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.360	--	--	0.385
18:1 undifferentiated	g	4.098	--	--	4.385
20:1	g	0.002	--	--	0.002
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.680	--	--	0.728
18:2 undifferentiated	g	0.437	--	--	0.468
18:3 undifferentiated	g	0.222	--	--	0.238
18:4	g	0.001	--	--	0.001
20:4 undifferentiated	g	0.014	--	--	0.015
20:5 n-3 (EPA)	g	0.001	--	--	0.001
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.004	--	--	0.004
Cholesterol	mg	92	2	--	98
Amino Acids					
Tryptophan	g	0.041	--	--	0.044
Threonine	g	0.138	--	--	0.148
Isoleucine	g	0.182	--	--	0.195
Leucine	g	0.298	--	--	0.319
Lysine	g	0.248	--	--	0.265
Methionine	g	0.076	--	--	0.081
Cystine	g	0.027	--	--	0.029
Phenylalanine	g	0.149	--	--	0.159
Tyrosine	g	0.142	--	--	0.152

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 107g
Valine	g	0.205	--	--	0.219
Arginine	g	0.135	--	--	0.144
Histidine	g	0.083	--	--	0.089
Alanine	g	0.136	--	--	0.146
Glutamic acid	g	0.652	--	--	0.698
Glycine	g	0.147	--	--	0.157
Proline	g	0.338	--	--	0.362
Serine	g	0.171	--	--	0.183
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0